

Claims 1-20 (canceled)

21. (new) A water paddle used on the hand of a swimmer for surface and underwater swimming, snorkeling, water aerobics and other water exercises, the water paddle comprising:

a round, hand held, lightweight, round, flexible plastic, hydrodynamic paddle disk, said paddle disk having a front and a back, said disk having a diameter sufficient for covering the hand and fingers of the swimmer, the back of the disk adapted for receiving a palm of the swimmer's hand; and

an adjustable hand strap, said adjustable strap received through a length of a pair of parallel hand strap slots in said disk, the length of said parallel hand strap slots greater than a width of said adjustable hand strap so that said hand strap can be adjusted up and down on said paddle disk for allowing the swimmer to adjust his or her hand at more than one position on the back of paddle disk, said hand strap received over a back of the swimmer's hand, said hand strap having a width sufficient to cover a portion of the back of the swimmer's hand;

whereby said adjustable hand strap has a first side and a second side, the first side adapted for receipt of the hand in a first position on said disk, the first side disposed below a center line of said disk, the second side disposed along the center line of said disk, the first position allowing said disk to cover the hand and fingers of the swimmer;

whereby when said disk is rotated 180 degrees, said adjustable hand strap has the second side adapted for receipt on the hand in a second position on said disk, in the second position the first side is disposed above the center line of said disk and the second side disposed along the center line of said disk, the second position allowing the fingers of the swimmer to grip an edge of an upper portion of said disk.

22. (new) The water paddle as described in claim 21 wherein said paddle disk has a diameter in a range of 4 to 12 inches.

23. (new) The water paddle as described in claim 21 wherein a portion of said adjustable strap is adapted for receipt in a "V" between the swimmer's thumb and index finger.

24. (new) The water paddle as described in claim 21 wherein said adjustable strap has a width in a range of $\frac{1}{2}$ to 2 inches for comfort when the swimmer's hand is arched against the back of said paddle disk.

25. (new) The water paddle as described in claim 21 wherein said adjustable strap can be adjusted in a third position on said paddle disk for allowing an upper portion of the swimmer's palm to rest along the centerline of said paddle disk.

26. (new) The water paddle as described in claim 21 wherein the front of said disk is concave and the back of said disk is convex.

27. (new) A water paddle used on the hand of a swimmer for surface and underwater swimming, snorkeling, water aerobics and other water exercises, the water paddle comprising:

a round, hand held, lightweight, round, flexible plastic, hydrodynamic paddle disk, said paddle disk having a front and a back, the front of said disk is concave in shape and the back of said disk is convex in shape, said disk having a diameter sufficient for

covering the hand and fingers of the swimmer, the back of the disk adapted for receiving a palm of the swimmer's hand; and

an adjustable hand strap, said adjustable strap received through a length of a pair of parallel hand strap slots in said disk, the length of said parallel hand strap slots greater than a width of said adjustable hand strap so that said hand strap can be adjusted up and down on said paddle disk for allowing the swimmer to adjust his or her hand at more than one position on the back of paddle disk, said hand strap received over a back of the swimmer's hand, said hand strap having a width sufficient to cover a portion of the back of the swimmer's hand, a portion of said hand strap adapted for receipt in a "V" between the swimmer's thumb and index finger;

whereby said adjustable hand strap has a first side and a second side, the first side adapted for receipt of the hand in a first position on said disk, the first side disposed below a center line of said disk, the second side disposed along the center line of said disk, the first position allowing said disk to cover the hand and fingers of the swimmer;

whereby when said disk is rotated 180 degrees, said adjustable hand strap has the second side adapted for receipt on the hand in a second position on said disk, in the second position the first side is disposed above the center line of said disk and the second side disposed along the center line of said disk, the second position allowing the fingers of the swimmer to grip an edge of an upper portion of said disk.

28. (new) The water paddle as described in claim 27 wherein said paddle disk has a diameter in a range of 4 to 12 inches.

29. (new) The water paddle as described in claim 27 wherein said adjustable strap has a width in a range of $\frac{1}{2}$ to 2 inches for comfort when the swimmer's hand is arched against the back of said paddle disk.

30. (new) The water paddle as described in claim 27 wherein said adjustable strap can be adjusted in a third position on said paddle disk for allowing an upper portion of the swimmer's palm to rest along the centerline of said paddle disk.

31. (new) A water paddle used on the hand of a swimmer for surface and underwater swimming, snorkeling, water aerobics and other water exercises, the water paddle comprising:

a round, hand held, lightweight, round, flexible plastic, hydrodynamic paddle disk, said paddle disk having a front and a back, the front of said disk is concave in shape and the back of said disk is convex in shape, said disk having a diameter sufficient for covering the hand and fingers of the swimmer, the back of the disk adapted for receiving a palm of the swimmer's hand; and

an adjustable hand strap, said adjustable strap received through a length of a pair of parallel hand strap slots in said disk, the length of said parallel hand strap slots greater than a width of said adjustable hand strap so that said hand strap can be adjusted up and down on said paddle disk for allowing the swimmer to adjust his or her hand at more than one position on the back of paddle disk, said hand strap received over a back of the swimmer's hand, said hand strap having a width sufficient to cover a portion of the back of the swimmer's hand, a portion of said hand strap adapted for receipt in a "V" between the swimmer's thumb and index finger;

whereby said adjustable hand strap has a first side and a second side, the first side adapted for receipt of the hand in a first position on said disk, the first side disposed below a center line of said disk, the second side disposed along the center line of said disk, the first position allowing said disk to cover the hand and fingers of the swimmer;

whereby when said disk is rotated 180 degrees, said adjustable hand strap has the second side adapted for receipt on the hand in a second position on said disk, in the second position the first side is disposed above the center line of said disk and the second side disposed along the center line of said disk, the second position allowing the finger of the swimmer to grip an edge of an upper portion of said disk;

whereby said adjustable hand strap is adapted for receipt on the hand in a third position on said disk for allowing an upper portion of the swimmer's palm to rest along the centerline of said paddle disk.

32. (new) The water paddle as described in claim 31 wherein said paddle disk has a diameter in a range of 4 to 12 inches.

33. (new) The water paddle as described in claim 31 wherein said adjustable strap has a width in a range of $\frac{1}{2}$ to 2 inches for comfort when the swimmer's hand is arched against the back of said paddle disk.